DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!

Butter Chicken
with Basmati Rice

Classic Indian butter chicken curry made easy using a delicious curry paste, creamy coconut milk, and vegetables served on a bed of basmati rice.

Make extra!

Add extra vegetables such as snow peas, frozen peas, zucchini or spinach. Any leftovers can be frozen and enjoyed another day!

20 minutes   2 servings   Chicken

10 March 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	64g	53g	56g

1. COOK THE RICE

Place rice in a saucepan and cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. SEAL THE CHICKEN

Heat a frypan with **1/2 tbsp butter** over medium-high heat. Add chicken and cook for 2-3 minutes or until sealed.

3. ADD THE VEGETABLES

Dice onion, cut broccoli into small florets and dice tomato. Add to pan as you go.

4. SIMMER THE SAUCE

Stir in curry paste and coconut milk until combined. Cover and simmer for 10 minutes until broccoli is tender. Season with **salt and pepper** to taste.

5. FINISH AND SERVE

Serve butter chicken with rice (see notes).